

# Adult Learning - Course Information Sheet



## UAB6DA14 - Aromatherapy And Back Massage

### Abington Bowling Club

Abington Bowling Club  
12 Park Avenue south  
Northampton

NN3 3AA

Room Upstairs Room

Start Date: 24 June 2023  
End Date: 24 June 2023  
Start Time: 10:00AM  
End Time: 1:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Mrs Janet Flowers

### Course Description

To introduce aromatherapy and massage with an understanding of basic massage strokes and four commonly used aromatherapy oils. This course may be unsuitable for individuals with certain conditions. Please check with your tutor.

### Course outcomes

- Perform simple massage strokes
- Explain the effects and benefits of aromatherapy massage
- Identify contra-indications to performing aromatherapy massage
- Describe the origins and histories of aromatherapy

### How will the course be taught?

There will be a presentation of the history of aromatherapy. Discussion and advice with a practical demonstration of massage techniques. Learners will be expected to practise on each other.

### What do I need to bring?

Completed medical questionnaire. £1.50 for aromatherapy oils to use for practice. Writing materials for notes if required. 2 large towels and 2 hand towels. Antiseptic hand wipes. Please bring along your own lunch (day courses) and drink.

### Further support or progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06

### Further information

In order to show progression throughout the course, it may be necessary to use video or digital cameras during the lesson. Your course induction should cover any further information you may require. Also, handouts are available on <http://www.nals.org.uk/learner/>

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

